



The voice of the

HWARANG



Volume 13, No. 5

For the warriors of Ulchi Focus Lens 2003

Aug. 26, 2003

Strides for Casey

Eighth U.S. Army reserve soldier raises money for child battling cancer

By Staff Sgt. Russell Bassett

Two years ago, Casey Lin Foote was diagnosed with both brain and bone cancer. The brave 12-year old has since undergone numerous surgeries and chemotherapy in her battle for recovery. Already, she has undergone three major brain surgeries and surgery on her arm to remove a tumor.



Photo by Staff Sgt. Russell Bassett

Maj. Kelly Grumelot takes her early morning run along the golf course at Camp Walker. Grumelot, the co-founder of Strides for Casey, is training for the Chicago Marathon.

Casey's doctors said her latest surgery would be her last. Because of the cancer's severity, conventional treatment holds little promise for recovery.

Refusing to give up hope, the Footes have looked towards "experimental" treatment. However, insurance does not cover this last chance for Casey's recovery, and they must turn to others for financial help.

In a true testament to the good of humanity, their call was answered.

Maj. Kelly Grumelot, a reserve military police officer with the 8th U.S. Army CONUS, has experienced her own physical difficulties. She severely injured in her back in 1988, and for a considerable time was unable to even walk.

"Finally I started running again," she said. "It has taken awhile. Last year I was able to run and actually started to feel good running again."

Grumelot has not stopped with just being able to run, but began entering road races and this October will run the Chicago Marathon.

"I decided I wanted to make every step count, so I found a good cause," said Grumelot, who works for the Department of Natural Resources in Lansing, Mich. "When I heard about Casey, that was it."

If something like this happened to my own son (who is Casey's age), I don't know how I would ever pay for it," she continued. "To be stuck like that, and have to choose between paying your electric bill and paying the medical treatments for your child ... that



Courtesy photo

Casey Lin Foote of Michigan is suffering from brain and bone cancer and her family must raise \$16,000 for her to receive the treatments needed to fight the diseases.

must be the toughest decision you would ever have to make."

Grumelot and her running partner, Beth Ann Simmons, a nurse also from Lansing, have created an organization with the sole purpose of ensuring Casey receives her treatments. Strides for Casey is a non-profit team raising support for Casey by gaining sponsors who pledge money to Strides for Casey road racers.

Grumelot said Strides for Casey is preparing for marathons and shorter races across Michigan and the entire United States.

Earlier this month, Grumelot, a 10-year veteran of the Army Reserves, was

See Casey, Page 7



The Spirit of Hwarang

It's August and the 8th Army warriors have amassed once again to show their combat readiness in this year's Ulchi Focus Lens.

UFL is an annual summer exercise involving forces from both the Republic of Korea and the United States. It is designed to evaluate and improve combined and joint coordination, procedures, plans and systems necessary for the conduct of contingency operations of ROK and U.S. forces.

UFL demonstrates ROK/U.S. interoperability and Combined Forces Command capability, as well as the commitment to defend Korea.

Fifteen centuries ago, when this part of Korea was known as the Kingdom of Shilla, a group of Shilla warriors called the "Hwarang" demonstrated their battle skills and their nobility in this same area. The Hwarang was a youth organization led by a single "Kook sun," the spiritual leader. Under this leader, the Hwarangs led thousands of "Nangdo" to become a Hwarang. These young, aspiring warriors trained in martial arts and in academics, aspiring to become Hwarangs. A knightly code of conduct resulted from Hwarang-do training, and the Hwarang members visited beautiful places within the Kingdom, engaging in both military and spiritual exercises to cleanse and train their minds and bodies.

It is in the spirit of Hwarang, this newsletter is created to honor the service members and events of this year's Ulchi Focus Lens who demonstrate the spirit of Hwarang.

This newsletter will not be available online until after August.

If any or our readers know of any sections or individuals who possess this spirit of courage, intelligence and nobility, let us know by calling 764-3040 or e-mail us at bassettr@usfk.korea.army.mil.

Chaplain's Corner

By Chaplain (Col.) Mel Schroeder

One of the most successful battle commanders in the Old Testament is King David. Second Samuel, Chapter 22, in David's "Song of Praise" to the Lord who "delivered him from the hand of all his enemies," is good reading! Verses 33-38 speaks of war preparation and execution, crediting God with the entire process.

"It is God who arms me with strength and makes my way perfect. He makes my feet like the feet of a deer; he enables me to stand on the heights. He trains my hands for battle; my arms can bend a bow of bronze. You stoop down to make me great. You broaden the path beneath me, so that my ankles do not turn. I pursued my enemies and crushed them; I did not turn back till they were destroyed."

King David valued his strength and experience, but he never hesitated to stay connected to God. In fact, his relationship with God was his priority focus. This focus helped him balance his skill-level with what he did not know and needed to learn. In Verse 28, he said of God, "You save the humble, but your eyes are on the haughty to bring them low." Perhaps one message to us from King David is that it takes more courage to be humble than to be boastful. Staying connected to God keeps us spiritually alive in peacetime and on the battlefield.

Camp Walker Chapel Worship Schedule

Catholic Service: 9 a.m. Sunday
 Collective Protestant Service: 10:30 a.m. Sunday
 Collective Protestant Service (Gospel): 12:45 p.m. Sunday
 Lutheran Service: 7:30 a.m. Sunday
 KATUSA Prot. Services: 7:45 a.m. Monday and 10:30 a.m. Tuesday
 Church of Christ Service: 1 p.m. Sunday
 Latter day saints Service: 1 p.m. Sunday Annex
 Apostolic Service: 11 a.m. Sunday

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Army Air Missile Defense Command aims high

Story, photos by Cpl. Kang, Byung-sam

If a strategic position or a substantial facility undergoes missile attack, the damage could be catastrophic. Enter Air Missile Defense, which safeguards against such damage.

The 263rd Army Air Missile Defense Command, which deployed to Korea for Ulchi Focus Lens 2003, is a National Guard unit from South Carolina. Some of the unit's soldiers have been here before, but as an entire unit, this is the first time they have participated. The 263rd took the place of the 32nd AAMDC, which is currently deployed to Iraq.

"One missile has the ability to change the political climate of the whole world," said Sgt. Maj. Jesse Burns, senior intelligence, 263rd AAMDC. "We are the only one of two (units who do this job) and an extremely high-tech organization."

According to Lt. Col. David Guyton, CP Oscar day shift battle captain, 263rd AAMDC, they coordinate and control air missile defense for the Korean theater in this exercise and are involved in the placement of air defense assets.

"UFL '03 is our certification exercise as a unit," he explained. "So we are extremely excited about being here and having the opportunity to participate."

The unit's soldiers regard UFL as a valuable chance to work with various servicemembers.

"Not only to integrate with the ROK Army, but we also use this exercise to work in the joint forces arena," said Capt. Greg Livenhood, liaison officer, 263rd AAMDC. "By doing that, not only other service components become more aware of who we are and what we do, but we also learn more about other service components to help us integrate the theater air defense role."

Livenhood also said he has been to many exercises around the globe, but UFL is one of the

most realistic. "In other words, I think it's very worth our time to come here and do this and I'll also participate again in the future."

Through UFL 2003, the 263rd AAMDC is striving to show that the National Guard units can keep abreast of active duty units.

"We do train at the active duty Army standard," said Sgt. Mike Mallory, unit medic, 263rd AAMDC. "This is our chance to qualify and to do the same mission as an active Army unit."

Guyton said they are a long way from home, but playing a part in this huge exercise makes them feel like they are a part of the Army team. "We don't have necessarily the Guard, Reserve, and active. We really are one Army."

As part of one Army, and of one combined team, they will work on their role for the mission success. Moreover, because of the training the 263rd receives during UFL 2003, should deterrence fail, many ROK and U.S. facilities could be safe from missile attack.



Left to Right: Capt. Greg Livenhood, liaison officer, Sgt. Raymond James, administration sergeant, and Sgt. Mike Mallory, unit medic, examine their activity log.



Soldiers find ways to relieve tension



Lt. Col. Robert Schanke, contracting officer, 8th Army CONUS, reads a book at the recreation center's library.

Story, photos by Cpl. Jang, Seung-mo

It is not always easy to stay highly motivated during deployments. Since Ulchi Focus Lens 2003 operates under a wartime scenario, soldiers have little notice of what is going to happen to them day-to-day. Inevitably, they should keep their focus at all times during the exercise, and at the end of the day, they are often totally exhausted.

For soldiers who are participating in this exercise for their first time, the frustration rate is much higher than for soldiers who have participated in UFL before. This is because the new soldiers have less understanding of what is going on around them, and it is often hard for them to figure out how to relieve their stress in a new environment.

According to Sgt. Maj. Charles Hire, senior unit ministry team NCOIC, 8th U.S. Army, it is essential to relax and

release some of their stress after their duty day.

"Easing your tension is as important as maintaining your morale during the exercise. From time to time, soldiers may get stressed. Then, I recommend they take a step back, take a long breath, refocus, and then move forward," he said.

Hire added that proper diet and PT everyday help relieve the stress.

Apart from this, there are many other ways for soldiers to relax their exhausted body and mind.

For Pfc. Cliff Timpson, computer administrator, 1st Signal Brigade, playing his favorite sport after a hectic day helps reduce his stress.

"Rather than sleeping at my bunk for the rest of the day, I go to the recreation center to play my favorite sport. In my case, it is pool," he said.

Many soldiers agree that the recreation center is a good place for a break.

"This base offers quite a few things

for UFL participants," said Lt. Col. Robert Schanke, contracting officer, 8th Army CONUS. "Among the facilities, the library at the recreation center really helps me when I become stressed out after a hard working day."

Although there are common things that soldiers do to keep their driving force, there isn't a universal answer because everybody is different.

"For some people, calling home helps. For others, watching a movie and thinking about nothing can be a good way to relax," said Maj. Bryan Swecker, chief of the logistics cost sharing program, USFK. "The biggest thing is to figure out what makes you feel the best and do it."

Once the soldiers relieve their tension, they will get back to their mission with more enthusiasm, no doubt that will lead to the success of their mission during UFL 2003.



Pfc. Cliff Timpson, computer administrator, 1st Signal Brigade, plays pool at the recreation center.



What's up?

Did you know?

Camp Walker is named after Lt. Gen. Walton H. Walker, former 8th U.S. Army commander. Walker, a highly decorated veteran of World War I and World War II, performed admirably during the Korean War, and his defense of the Nakdong Line is regarded as a military classic. He was commander of the 8th U.S. Army in Korea when he was killed in the wreck of his jeep near Seoul on Dec. 23, 1950.

Money Matters

Got a question about something on your LES? Or maybe you are wondering what your end of month pay will be. If you are participating in UFL and work at CP Oscar stop by the Finance Cell at CP Oscar and ask. The finance cell is located in the rear trailer with IG and JAG. The Finance Cell will be in operation to answer finance questions on Monday, Tuesday, and Wednesday from 1300-1600.

Weather for Daegu, South Korea

AUG 26


Hi	Low
84 F	60 F
29 C	16 C

AUG 27


Hi	Low
84 F	62 F
29 C	17 C

AUG 28


Hi	Low
80 F	71 F
27 C	22 C

Thought of the Day: Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything. - George Lois

Voice of UFL: What comes to your mind when you first wake up in the morning during the exercise?



Maj. Duvidelle Durieux
OIC
JCISA USFK Main

"I wonder if the networks are up, what kind of challenges will the day bring and, most important, if the VTC will work today."



Pvt. Kelli McGauley
Topographic Analyst
29th Engineers

"I'm going to a place where I can do my job on a daily basis and can help in the process of getting products done for other units who may need a map of a specific area."



Sgt. Kim, Chi-hoon
CIDS Operator
8th Army G-3

"Another day begins! Actually, everyday is the same during the exercise and I'm puzzled what day it is today. Also, I think about what kind of people I will meet during the day."



Sgt. 1st Class Michael Williams
MET Operation NCOIC
8th Army Engineers

"How can we defend and protect South Korea. We must preserve what we and the ROKA have protected for 50 years. And I hope one day the country will be one, free for all to enjoy."



1st Signal Brigade connects UFL

Story, photos by Pfc. Yoon, Jong-pil

Twenty-three soldiers from the 1st Signal Brigade deployed from Yongsan to Camp Walker to provide communications support to Ulchi Focus Lens 2003.

During UFL, the Brigade's Systems Controllers deployed to the Theater Network Operations and Security Center at Camp Walker. The Systems Controllers relocate and monitor the installation and operations of both exercise and real-world communication systems, such as the tactical and DSN telephone networks, unclassified and classified computer networks, and the peninsula-wide asynchronous transfer mode network.

According to Master Sgt. Ronda Natera, engineering noncommissioned officer-in-charge, 1st Signal Brigade S-3, the brigade's soldiers provide communication support, both strategic and tactical, for all UFL participants.

"Every time I come out here I learn new things about signal and whenever I see the network and technology that the 1st Signal has in Korea I am amazed as well," said Staff Sgt. Kevin Sullivan, intelligence noncommissioned officer-in-charge, 1st Signal Brigade S-2.

There are advantages in all units. But for the 1st Signal soldiers who deployed for UFL 2003, being in a small section of their own has different kinds of benefits.

"We are a very small section so we are closely-knit with each other," said Sullivan. "We have a very important mission within the brigade, so as a staff sergeant, sometimes my input may be given serious consideration by the brigade staff."

Keeping the exercise's communication up and running effectively is a very important mission and even though 1st Signal soldiers are well prepared and skilled in their craft, sometimes they face inevitable challenges.

"The main difficulties are to insure that we have constant communication throughout the theater and also the weather conditions such as the rain we are having currently," said Capt. Derrick William, operations officer-in-charge, 1st Signal Brigade S-3. "But I work with great NCOs, and they work hard to overcome such difficulties with me."

The soldiers of 1st Signal Brigade are not only highly skilled, but they also seem to have a positive attitude towards work and working together.

"The best part of being in UFL is the soldiers I work with, as they are the greatest soldiers around," said Sgt. Maj. Tina Manns, operations sergeant major, 1st Signal Brigade S-3.

"They are challenged down here, they are working hard, and

they don't quit. If the mission is still going on after their shifts are over, they will still stay as long as it takes to get it done."

The 1st Signal soldiers deployed to Camp Walker are currently working together with other sections from 1st Signal that are permanently stationed here. Working with people you don't usually work with can create difficulties, but that has not been the case for 1st Signal during UFL 2003.

"The 1st Signal soldiers came to help us monitor the tactical network that is deployed in support of UFL," said Maj. Jean Gaiennie, operations officer, 1st Signal Brigade TNOSC. "They are always helpful, and have been especially helpful during this exercise."



Sgt. 1st Class Gregory Brown, strategic circuit controller, 1st Signal Brigade S-3, monitors circuits within the brigade.

Let the games begin!



A fireworks display illuminates the sky during the opening ceremonies of the Summer Universiade games currently taking place in Deagu. Univerisity students from over 170 countries are participating in the event.



Casey, from Page 1

called up for her annual training to the Republic of Korea.

Ulchi Focus Lens 2003, a large-scale, combined command post exercise involving over 14,000 U.S. military members began Aug. 18 at command posts all over Korea. Grumelot's unit, 8th Army CONUS, based out of Indiana and having detachments in Ohio and Michigan, would play a major role in defending South Korea should deterrence against aggressors fail. To practice for this role, the unit comes to Korea twice a year to participate in combined exercises with the Republic of Korea's military.

When Grumelot explained Strides for Casey to Eighth U.S. Army, the commanders and soldiers of United States Forces Korea's largest and most diverse unit decided they wanted to help Casey.

"Eighth Army has a lot of interest in supporting this run to help raise money for a little girl in Michigan who is suffering from cancer and help raise money for her parents to pay for the treatments she is undergoing," said Col. William Ivey, 8th Army's chief of staff.

Ivey said the unit was in the initial phases of organizing support for Casey, but he encourages every soldier to help.

"I strongly encourage anybody who wants to help out to pledge 'x number' of dollars per mile, or whatever the case may be, to help a very worthy cause," he said. "I think it is great opportunity for Eighth Army to get involved in a community activity and to allow the active component piece of 8th Army here in Korea to reach back to the U.S. community through the 8th Army CONUS piece."

For Grumelot, the sky is the limit.

"We were originally looking (to raise money) for one treatment, which is \$16,000, but for some reason it seems like God is placing much more on us," she said. "We have applied for a grant which will allow us to hold a race for Casey in Michigan so we will have our own Run for Casey."

People desiring to help Casey can contact Grumelot at grumelok@michigan.gov or send a check to Strides for Casey; 206 Maria Dr.; Lansing, MI 48917.

Casey and her family are not alone in their fight against cancer as testified in Grumelot's determination to gain supporters and 8th U.S. Army's willingness to provide that support.

"Casey, we are pulling for ya," said Ivey. "You have the entire 8th Army pulling for you and we wish you a very full and speedy recovery."

Dollars and Sense

175th Finance Command

Travel Payment Enhancements

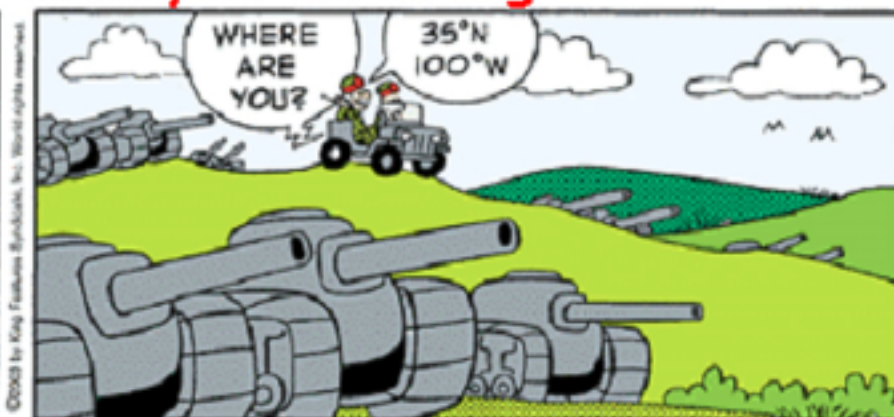
Soldiers in Korea can now make partial payments to their Government Travel Credit Card (GTCC) account. Effective Sept. 1, 2003, travelers who use the government travel card must specify an amount paid to the GTCC when they file their travel settlement voucher.

In addition, all travel settlements now include an email sent to the traveler's AKO email address that states the amount paid to the traveler and any optional payments to the GTCC. Travelers who do not have access to AKO should refer to the customer service instructions at the AKO website (www.us.army.mil).

An Advice of Payment, the summary of each traveler's payment, now appears for six months on the traveler's myPay account.

Soldiers and Army Civilians that do not have a Personal Identification Number (PIN) password to access myPay may obtain a temporary Pin via the myPay website (<https://mypay.dfas.mil>). The PIN will be sent to the individual's AKO email account.

The Enemy is Listening



Don't Reveal Classified Information Over Unsecure Means!!



CONUS soldiers shop 'til their wallets pop

Story, photos by Pvt. Daniel Love

Reserve and National Guard units got to do what many have wanted to do since they first arrived in Korea: go on the Osan shopping tour.

Four busses filled with 110 shoppers traveled from Daegu to Osan Saturday, bringing eager soldiers to one of the most popular shopping spots in Korea.

"This trip was successful in giving augmentees something fun to do and give them what they want ... shopping," said trip organizer Master Sgt. Felicia Pierre, an operations sergeant for 8th Army Troop Command S-3.

The shoppers were set loose in the Osan outdoor mall, a network of streets lined with shops of all kinds on either side. They were later given a chance to use the post office to ship their newfound treasures home.

"Many of these people have never been to Korea," said Sgt. 1st Class Barbra Broyals, reserve affairs sergeant,

U.S. Forces Korea J-1. "These people can get a little more Korean culture here than they would get at Camp Walker or Osan Airbase."

Many of the augmentees spent hundreds of thousands of won. Some just took in the sights and sounds of Korean streets.

Many shoppers perused the shops for interesting gifts.

"I bought some souvenirs for my family members," said Spc. Gabriel Trujillo, a truck driver with the 804th Quartermaster Battalion from New Mexico. "I found some Kimonos for my twin sisters, and a mink blanket for my parents."

Based on the participant's reactions, the Osan shopping tour was a success. People took advantage of the opportunity to shop in a foreign country, and, by getting off post, were able to see Korea in a whole new way.



Sgt. 1st Class Nikita Hanley, I-Corps liason for 8th Army, asks for a price check. Hanley and 109 other soldiers from CONUS units went shopping in Osan Saturday.



Spc. Jaybe Johnson, provost marshal operations for 8th Army CONUS, and Spc. David Jeffries, transportation specialist for 8th Army CONUS, carry their day's catch back to their bus. Soldiers from CONUS units spent five hours shopping at Osan Saturday.



Spc. Gabriel Trujillo, truck driver for the 804th Quartermaster Battalion, checks out a shoe at an outlet store in Osan. CONUS soldiers traveled over four hours by bus to get to Osan.